

POETRY.

For the Telegraph.

FOURTH OF JULY.

A DREAM.

"I had a dream, which was not all a dream."

Synon.

A nation's Champion hailed her proud birth-day:
With loud huzzas he made the welkin ring;
While in the far off distance grievous moans
Made by the fettered minions of the free!
And wafted faintly on the morning breeze,
A mighty contrast, full of horror marked!

CHAMPION.

Columbians, hail! Americans, give ear!
The day that sealed our freedom dawned
again!
This day completes the sixtieth "rolling
year."
Since erst we sundered Britain's galling
chain.
How emblematic of our nation's birth,
Is yon fair sun, which animates the earth
And all therein.

MINIONS.

Still toil we on, grip'd by an iron chain;
Still on our blood the barbarous tyrants feed!
Their ease, their profit, aye, their paltry
gain,
Still bid us drudge, and sigh, and groan,
and bleed.
O cruel fate! are we thus doomed to serve?
Is this the usage tawny skins deserve?
What's our vile sin?

CHAMPION.

Let stars and stripes on lofty pinions soar!
Let cheers resound, and martial life and
drum!
Chime bell and trumpet, let cannon loudly
roar!
Come, freemen! patriots! to the standard
come!
Swell high your mirth, let joy be unconfined!
Exert each power of body and of mind,
To celebrate!

MINIONS.

Ah, wretched state! worse than of present
death!
Without one hope of freedom or of ease!
Chained down to earth, we scarce inhale a
breath,
But as our heartless, ruthless masters please.
O might these bonds be sundered by a sigh!
Then our deliverance truly would be nigh:
Nor should it wait.

CHAMPION.

O God! we thank thee we do not oppress,
Like foreign tyrants, cruel and severe;
By paying tythes of all that we possess,
We soothe the widow, dry the orphan's
tear.
Hail! once again, ye children of the free!
Hail! friends and foes, and all ye "powers
that be."

The bravo spoke.

MINIONS.

Torn from our friends, from all our dearest
kin,
Our minds enslaved, our bodies on the rack,
Because (O, shame!) we're "guilty of a skin,"
Not colored white, but black—aye, odious
black!
O freemen! Christians! "all ye powers that
be,"
"Undo the burdens—let the oppressed go
free!"
Break every yoke!"

L.

Shoreham, July, 1836.

* Luke xviii, 11, 12.
† Isaiah lviii, 6.

From the Scientific Tracts

EARLY RISING.

By Dr. WM. A. ALCOCK.

Concluded.

ECONOMY OF EARLY RISING.

It has been far more common for writers to dwell on the economy of early rising, than on its tendency to promote cheerfulness, health and happiness. We will not say that we have no authors, even in morals, who cannot rest till their minds and hearts linger around the shades of dollars and cents; but we will say, that by far too many of this class, of men give sad evidence that thoughts of this kind are uppermost.

And yet they have made some sad mistakes in this matter. They have told us, it may be, how many actual years of time were lost to the individual who, during the whole of a long life, should lie in bed one hour, or two hours, or three hours in the morning. Now it is very possible, that the individual who rises two hours earlier, may perform no more labor than he who sleeps during the same time. For if he who rises two hours earlier in the morning, goes to bed also two hours earlier in the evening than his neighbor, is it not obvious that the one is out of bed as many hours as the other? And on the presumption that both are equally active, where is the gain from early rising? There is gain, we acknowledge; and we are anxious to make the most of it; but it is correct to say that in such a case as this, the early riser extends his life beyond that of the other, at the rate of two whole hours for every day? Obviously not. Let us be careful, then, how far we avail ourselves of Jesuitism in the inculcation of what we believe to be the truth. Let us not attempt to promote a cause which we love even more than our own lives, by measures whose basis is not truth; but error.

But what becomes, then, of the so much boasted economy of early rising? we shall probably be asked. We have already shown, in another place, that it consists partly in the saving of health. If a feverish state is induced by late sitting up in the evening, and if this feverish state is avoided by early rising and early retiring, then the gain in this point of view is incalculably great.

It may be asked, however, if this feverish state does not come on when we have been up and active a certain number of hours, whether we begin with the rising of the sun or two hours later. In other words, why should not the person who rises at four in the morning become as feverish at eight in the afternoon, when he has been active sixteen hours, as he becomes at ten in the evening, who did not get up till six?

Our reply is, that though we may not be able to state clearly every reason why, yet the fact is obvious. The Creator seems to have kindly adapted the day to action and the night to repose; and he who conforms, with the most exactness to his established laws, whether natural or revealed, must—other things being equal inevitably be the most healthy and happy. Hence we might infer a necessity of sleeping about an equal number of hours before and after midnight. And what we infer, in this case, is confirmed by almost universal experience.

The same view is also strengthened by analogy. There are few instances among the lower animal tribes, of late retiring or late rising. They retire with the sun, and either rise with it, or long before it. The most striking exceptions to this rule are to be found among the more indolent and sluggish; as the marmot, the bear, the woodchuck, and the swine. Should these pages arrest the eye of any of those who sleep late in the morning, it may be worth a passing thought whether they will continue to assimilate themselves to the most ugly and loathsome animals;—or whether it will not be advisable to conform more nearly to the habits, in this respect, of those species which are the most beautiful and sprightly and intelligent.

Another reason why a person becomes less feverish, or in other respects injured or diseased, in a given number of hours, when he has risen early, is, that he is more likely to get before and drive his business, instead of letting that drive him;—and thus he is not likely to be in a hurry or be fretted with his employment. Everything proceeds, thro' the whole day, with comparative quiet, ease, and facility; and night comes without finding his mind distracted, or his body over-fatigued. All this difference, however, will be mystery to him who has never tasted the pleasures or benefits which we have mentioned as connected with and flowing from early rising.

This consideration presents two reasons why it is economical to rise early. First, it is for our health; and good health is good economy. Secondly, it is a saving, directly, of both money and time.

Again: he who uses the artificial light of lamps, candles, &c. in the evening, and then lies in bed the next morning after the sun's light is sufficiently strong to enable him to work by it, is, in two points of view, wanting in sound economy. Dr Franklin illustrated one of these points, in his usual good-natured manner, by attempting to prove to the dissipated inhabitants of Paris, who lay in bed long after sunrise, that the sun gave light as soon as it appeared above the horizon. He went so far as to make a calculation—it was rather an amusing one—to show how much the whole city of Paris would save in a single year by using sunshine instead of candles; viz: \$17,774,000.

Now Dr Franklin's estimates, notwithstanding the playful manner in which they were presented, contain much truth; of just such sober truth, too, as would be applicable, at the present time, to a large proportion of the citizens of the United States. We have very little doubt that four out of five of our whole population, sleep more or less, or at least doze, after the sun's light in the morning has become strong enough to enable them to labor. And just so far as this is the fact, and in so far as these same persons use artificial light in the evening, in exactly the same proportion would the estimates of Dr Franklin be applicable to their own circumstances.

It is not the mere loss of oil, however—though this was probably the only item which entered into the foregoing calculation by Dr Franklin; there is a greater loss still by using artificial lights, especially in the evening, in the injury done to the eye, and through this medium to the stomach. The position of much of our artificial light is such that the rays strike the eye directly; whereas during the greater part of the hours in which the sun is above the horizon, the eyelids are between the sun and the more delicate apparatus of vision. Hence it is, in part, that the light of lamps and candles and fires injures the eyes more than the light of the sun does. The artificial heat of our rooms, however, added to the artificial light, is very injurious to the delicate organ of vision. And both these causes produce more injury to the eye in the evening, when our bodies are fatigued and a slight degree of fever is present, than in the morning, after we are rested and refreshed with sleep.

One caution is necessary, it is true, to those who use fires, lamps and candles in the morning before day; which is, not to expose the eye too suddenly after we rise to a very strong light. We should come to the light gradually. If we do not, the eye may be seriously injured; and the stomach, through sympathy with the eye, may also suffer. We have known a student who was subject to nausea, and sometimes vomiting, if he at once lighted his lamp on rising from his bed before day-light. This sympathy between the eye and the stomach has been very little con-

sidered. Perhaps more of our modern dyspepsia is owing to the wretched print of our modern books—school books as well as others—and to the use of lamps and candles, than most of us have ever supposed.

Having thus shown, directly and indirectly, the more prominent sources of injury from sitting up late in the evening, and rising late in the morning, and having represented as plainly as we could the vast advantages, in point of real economy, which result from rising early, there remains on this part of our subject, but one thing more to be considered.

We have shown that there is a fallacy in some of the estimates which have been made of the waste of time involved by lying in bed late. That there is, however, a great deal of time wasted in this manner, we have never doubted for one moment. But admitting time to be really wasted in sleep, how much do we waste?

An extended reply to this question would involve a full discussion of the whole subject of sleep—its uses and abuses. Upon such a discussion, we cannot of course now enter. We can only say, that those writers who make the most liberal allowance, are very generally agreed, that most adults sleep about two hours longer than the wants of their nature demand.

Whether these two hours are wasted before midnight or afterward, makes little difference as to our present purpose. If it be admitted that an average amount of time, equal to two hours in every twenty-four, is really wasted by each adult, we then have good and substantial data on which to found the following estimates:

Two hours a day, from the age of twenty to fifty, that is, for a period of thirty years, amount to 21,914 hours, equal to two and a half whole years of human life; or more than three and a half years, if we consider as a part of real life, our waking hours only. But three years and a half, or even two and a half, subtracted from the meridian of human life, is by no means a trifling loss.

But let us proceed a step further. The whole population of the United States must be at least fifteen millions. Suppose only half of these to reach fifty years of age. Yet two years and a half deducted from each of 7,500,000 individuals, amount to 18,750,000 years of a life of the shortness of which almost every one is complaining. To superior beings, must not these our complaints, arising as they do, appear childish, or even ridiculous?

It seems almost unnecessary, in a country where every body understands the rules of common arithmetic, to compute the value of this mighty aggregate of wasted time. Every one must see, that a loss of two years and a half of active life is no trifling. Can its value be less, upon the average, even when we consider the low price of female labor, than \$250? But this is a loss to the present generation of \$750,000,000.

We will say nothing of the valuable uses to which such an amount either of wasted time or money might be applied. It is sufficient if we have made it appear that an enormous waste does exist. If our estimate were even twice as high as it should be—though we believe it too low, rather than too high—the subject should lead us to reflection, and induce us to make the inquiry, whether by our own example, we may not be contributing to swell this mighty aggregate of wasted property, and in that way becoming, in a greater or less degree, responsible for the consequences.

MEANS OF SECURING THE HABIT OF EARLY RISING.

Four things are indispensable to those who would form, for the first time, the habit of early rising.

First—a thorough conviction of its importance.—If arguments like the foregoing, have failed fully to convince an individual that a change of habits will make him happier, healthier, and more prosperous in his pecuniary concerns, then it seems to us in vain for him to talk of the importance of such a habit, or of the means of acquiring it.

Secondly—a strong will, and a fixed determination to succeed.—No loungers will ever become permanently and habitually, an early riser, till he has a fixed determination to be so. He who wavers continually, sometimes rising early, at others yielding to temptation, and practically saying—"A little more sleep—a little more slumber," just this once, will never reach the goal, nor secure the prize.—There must be a will like that of Luther, when he resolved to go to a certain place, though his way were obstructed by wicked men and infernal spirits thick as the tiles on the tops of the houses.

There are some persons who cannot rise, or think they cannot, without the immediate interposition of some pleasurable motive. While the will is still weak, and the temptation and inclination to indulgence in our bad habits still strong, something of this kind may be useful. A pleasant morning walk, or familiar conversation, or reading exercise with a choice friend, joined to a conviction of the importance of the practice, may often prove a motive of sufficient strength to enable us to rise early. If, however, the motive be very strong, the sleep will be less sound and satisfying. Many people are able—perhaps the most of us might be—to rise at nearly the precise hour they please, provided they fix it strongly on their minds, at lying down, that they will do so. But sleep, in such cases, as we have already said, is more or less unsound; and no excitement of this kind should be used any longer than till the spell which had hitherto bound us to our couches, is completely dissolved.

Persons in whom this habit of early rising is firmly fixed, find no difficulty in awaking at their appointed hour, provided

they go to bed in good season; for this, after all, is the key to success in our efforts. Stanislaus I. of Poland, who retired exactly at nine, as we have already said, always slept soundly, and always awoke precisely at three.

We are of those who believe that all children are naturally early risers; and that no motive of an extraordinary nature is necessary to arouse them at three or four o'clock, provided they retire early enough, and have already slept as much as their natures require, which is certainly a great deal. We have no objection to their going abroad with the parent, in his morning walks; but a promise beforehand that they may do so, is a less efficient and permanent motive than the more natural ones—the fond caress, kind looks and words, and the morning congratulation of their parents.

Much depends, after all—so far as concerns the formation of a habit of early rising in childhood—upon the mother. It is almost in vain that the father rise betimes, and prepare for the reception of his little prattlers, provided the soul of the mother is still confined in its sleeping timent. She, too, must grace the scene.—Whether it be the cheerful fireside, or nature's more spacious parlor, the verdant lawn, the mother's presence is equally important, and we might add, equally indispensable.

In regard to the extent and nature of their influence, mothers seem to me too generally insensible. It is seldom, indeed, that a mother will assent to the proposition that the early rising of her household depends almost wholly upon her.—And yet every one who has observed how feeble, and often how at odds the father's efforts are, when they are not seconded by those of the mother, must, it seems to us, be constrained to admit its correctness.

Thirdly—a fixed habit of going to bed early.—Perhaps this point has been made sufficiently clear, in another place; but it was necessary to advert to it here. No person will long rise early, who does not retire early; and we ought not to expect it. Nature must have her rights. We must have good and sound sleep, in sufficient quantity, or we shall ultimately suffer. It is true, as we have already insisted, that the bulk of mankind—especially of adults—sleep too much. Still there are those who continue to yield to the temptation of sitting up till eleven or twelve o'clock, and yet endeavor to rise at four—and perhaps reproach themselves that they do not. Let such persons beware. If they expect to form, with safety, a habit of rising at three or four, let them by all means be in bed by eight or nine; or their constitutional vigor will ere long be impaired.

Many persons plead the pleasures of the winter evening fireside; and gravely tell us that to go to bed by nine o'clock in the evening, when the room is warm, and the world without doots mostly quiet, would be to deprive themselves of two or three of the sweetest social hours of their whole lives.

But have these persons ever considered that the two hours which intervene between four and six in the morning, are fully as quiet as those between nine and eleven of the evening? Is not the individual, refreshed by sleep, in even better spirits? Is not the mind clearer? Are not the social feelings more awake? May not the room be made just as warm and comfortable? The answer to all these queries must unquestionably be such as to confirm beyond debate the correctness of the views we have here presented.

A fourth means of securing the habit of early rising, is a proper state of the system—body and mind—when we lie down at evening.

Dr Franklin, in his usual commonsense manner, has attempted to prove, that in order to have pleasant dreams it is necessary to retire, at night, with a good conscience. His remarks on the importance of mental quiet are little, if at all, less applicable to the subject of early rising. There cannot be a greater mistake, than to expect sound and refreshing sleep, when we retire with either the mind or the body in an agitated or disturbed state.

There are multitudes, however, who do not hesitate to go at once from hard study, or hard labor of the body—at least of the stomach—to their couches to seek immediate repose. It is difficult to say, whether they suffer most when the boon is, in these cases, for some hours denied them, or when they are disturbed or occasionally aroused by dismal dreams, painfully convulsive movements, or distressing nightmare. In either case, though they may have retired at a seasonable hour, the morning usually comes before they are ready for it; and if it brings with it no headache or other positive disease, it seldom brings with it that degree of resolution which is necessary to enable us to overcome the repugnance which we feel to early rising. This is especially true of the winter, when the weather is not only cold, but we are obliged to rise in a cold room. Thousands in these circumstances will be likely to yield to temptation and slumber longer, who, were they to retire in a quiet state of mind and body, would break the chains of habit and indolence.

We have referred to the cold as having an influence to dissuade the indolent from early rising. Now it has often occurred to us that they make a sad mistake, who think they cannot possibly get up at four, but who are compelled, partly by the force of conscience, and partly by necessity, to rise at six. For every one who has reflected on the subject, knows that it is usually quite as cold at six, as at four;—perhaps a little colder. What, then, do we gain in this respect by lying two hours longer?

In regard to the body, in particular, it should be remarked, that while it is both unphilosophical and unreasonable to go

to bed excessively fatigued, it is much more unreasonable to do so with a heavy load imposed on the stomach. Many laboring men eat heavy suppers at the close of their day's work, and then retire immediately; and if they do not, in this way, subject themselves to all the immediate horrors which we have mentioned as accompanying an uneasy state of mind—of which there is very great danger—they will, at least, awake with bad feelings, which they mistake for a want of sufficient sleep. How many a time has not only the farmer, but the man of almost every other avocation, after eating his heavy suppers and going immediately to bed, awaked and attempted to rise betimes, in vain. We do not mean to say, that there was any physical impossibility in the case; but there was such a strange state of feeling, and such a propensity to "a little more slumber," as overcame every virtuous resolution which had been previously formed, and which, perhaps, had been partly revived at the moment of his awaking. And he who for once indulges himself in lying a little longer, under these circumstances, is apt to do so again and again, till, at last, he becomes what he was before. Or, like the man in the gospel, his unclean house, though emptied, swept, and garnished, becomes by an injudicious return, and ill-considered company, infinitely worse than before.

There is no safety in this unpleasant, but very common case, but in springing out of bed the instant we wake. Linger not a moment on the confines of nodos, but force yourself in an instant upon your feet. If you have not had sleep enough, retire a little earlier than usual the following evening; and if you have retired in an improper state of body or mind, see that you do so no more.

Instead of retiring while the body, or the stomach, or the mind, are unfit for it, it were far better to spend an hour or two in pleasant, amusing conversation, or in some light recreation. Perhaps there is no place which will furnish a greater variety of pleasures and amusement of the right kind, than the domestic circle. As another preparation still for quiet and refreshing sleep, and a disposition to rise early, we would not mention—and we now speak as philosophers, not as preachers—three moral and religious duties which have been so often enjoined on families, and which have, to a greater or less extent, and in some form or other, been so early and so extensively practiced.

In short, let us view the subject in what ever light we may, if we are true to ourselves and to our own nature, it is impossible to resist the conclusion, that the pleasures, the cheerfulness, the pecuniary prosperity, the health, the longevity, and the intellectual and social happiness of man, depend, in no small degree, on the habit of early rising.

PREVENTION OF FRAUDULENT SPECULATION IN PUBLIC LANDS.

The following important Treasury document, with the letter which prefaces it, was received by express from Washington, at the Journal of Commerce office, in this city, on Tuesday night—N. Y. Obs.

In the Senate, two years ago, Mr Polk delivered a partial report from the committee on public lands, exhibiting facts in relation to the operations of the land companies and their colleagues, the registrars and receivers of the land offices. It appeared from evidence laid before that committee, that the actual settlers could not obtain any prime land, but by purchase from the companies at an extravagant advance. The "facilities" afforded by the deposit banks have since given much greater scope to these operations, and government favorites have, through the agency of the banks and their connection with the "Companies," amassed large fortunes. This year Mr Ewing reported a bill in the Senate, from the committee on Public Lands, to change the mode of conducting the land sales, with a view to prevent all the land from falling into the hands of the speculators; but nothing was done with it. In the discussion which took place, however, men of all parties expressed the opinion that the abuses ought to be corrected or the sales stopped for at least five years. In the House the subject was partially investigated, and it was found to be connected to a great extent with Indian frauds and hostilities, with political combinations, and with the mode of keeping the public money. The great deposit and distribution bill was supported and carried through mainly on the ground that an improper use was made of the public money. In addition to this, at the very first of the session, an investigation was ordered by a select committee under Mr Hunt's resolution, into the connection of government officers and members with these bank and land transactions, and the committee in their partial report charged that the lands were bought up in immense tracts, with certificates of deposit obtained from the deposit banks, by persons who had no money on deposit in these banks. They made other charges and introduced very grave imputations, and demanded additional powers and numbers, with leave to prosecute their investigations. The whole subject was however, laid on the table.

The President, in this state of things, has manifestly stepped into the breach and struck a blow which it is to be hoped will be a decisive one, at the whole system of fraudulent speculation complained of.—The President, according to the Globe, felt himself called upon by the gravity of these complaints, reinforced by current reports and public debates, to look into all the points of violated law and abuse of trust, which were accessible to his examination. The result of his examination was the whole machinery of "Bank facilities," as they are called, by which the land is monopolized by companies, and actual settlers outbid and ousted, is actually

contrary to existing law. The act of April 24, 1830, was intended to put an end to the credit sales of land, which had become productive of a multiplicity of evils, and by reducing the price from two dollars on credit to one dollar and a quarter cash, to hold out an inducement to purchasers for actual settlement. The section of that act provides that the purchaser shall, on the day of purchase, "make complete payment." The President takes the ground that payment in bank certificates of deposit and paper money, called "land office money," is complete or sufficient payment under the law, and has, therefore, caused the order to be issued to the receiver of public money and to the deposit bank,

in consequence of complaints which have been made of frauds, speculation, and monopolies in the purchase of public lands, and the aid which is so given to effect these objects by excessive bank credits, and dangerous partial facilities through bank drafts, bank deposits, and the general influence likely to result to the public interests, and especially the safety of the amount of money in the treasury, and the sound condition of the currency of the country from the further exchange of national domain in this manner, and chiefly for bank credits, and paper money, the President of the United States has given directions, and you are hereby instructed after the 15th day of August next, to receive in payment of the public lands, except what is directed by the existing laws, viz: gold and silver, and in the cases, Virginia lands scrip provided that till the 15th of December next, the same indulgences heretofore extended to the kind of money received, may be continued for any quantity of land not exceeding three hundred and twenty acres to each purchaser who is an actual settler, or bona fide resident in the state where the sales are made.

In order to ensure the faithful execution of these instructions, all receivers are strictly prohibited from receiving for land sold, any draft, certificate or other evidence of money, or deposit, though signed by the treasurer of the United States, in conformity with the act of April 24, 1830. And each office of lands is required to annex to his reports to this department, the amount of gold and silver respectively, as well as the bills received under the foregoing exception; and each deposit bank is required to annex to every certificate giving a deposit of money, the proportions of actually paid in gold, in silver, and in bank notes. All former instructions of these subjects, except as now modified, will be considered as remaining in full force.

The principal objects of the President in adopting these measures, being to suppress alleged frauds, and to withhold any countenance or facilities in the power of the government from the monopoly of the public lands, in the hands of speculators and capitalists, to the injury of the actual settlers in the new States, and of emigrants in search of new homes, as well as to encourage the ruinous extension of bank issues and bank credits, by which these results are generally supposed to be promoted, your utmost vigilance is required and relied on, to carry this order into complete execution.

LEVI WOODBURY, Sec. Treasury.

GOSHEN TURNPIKE NOTICE.

PROPOSALS will be received by the subscribers for building the following sections of the road recently surveyed by the Goshen Turnpike Company—viz:

From Stuart's gate 88 rods to high bridge
" High bridge 7 " including do
" M Kinney's 25 " to M Kinney's
" said tree 303 " to a point 2
" short of the Goshen sign-post.

" the North end of Goshen's dam 460 " to the height of land.

" height of land 179 " to a point where the survey leaves the old road.

" old road 350 " to the dug way.

" dug way 191 " to the Kendall bridge.

" Kendall bridge 418 " to Root's.

Tolls will be let comprising one or more sections. Further particulars made known on application to the Committee.

GERMAN HAMMOND, FRANCIS BROWN, JOSIAH DART, LYMAN EMERSON, JOHN A. CONANT, } Committee.

July 18, 1836. 433

WANTED.

A JOURNEYMAN Blacksmith—one who can come well recommended as a person of steady habits and a good workman, will find constant employment on application to the subscriber.

ALSO, Wanted as above, an APPRENTICE.

J. BUEL, Shrewsbury, July 14, 1836. 434

WANTED.

A BOY, 14 or 16 years of age, as an apprentice to the Tailoring business. One of industrious and steady habits will find good encouragement by applying to L. B. DICKMAN.

Brandon, July 20, 1836. 426